

Ahi Tuna

with Soba Noodle Salad

Ingredients:

Ahi Tuna
Soba noodles
Red, Orange & Yellow peppers -
Diced
Scallion (chopped)
1 tbsp Garlic (minced)
1 tbsp Ginger (minced)
1 tbsp Soy sauce
1 tbsp Sesame
Oil



- Cook noodles according to the directions on the package - shock under cold water
- Mix the garlic, ginger, soy and sesame oil to make a vinaigrette
- Add the peppers, scallions and noodles and toss.
- Cover and chill in the refrigerator
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- Season the Tuna with salt, pepper and soy sauce
- Put some oil into a sauté pan and heat until it begins to smoke
- Place tuna in pan and cook for 30 to 45 seconds on each side
- Remove from pan and place in the refrigerator to chill

When all are chilled, toss the salad again and place some on the plate. Slice the tuna into thin strips and fan out over the noodles. Lightly sprinkle a few drops of soy over the Tuna and serve with Wasabi.